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CLAIMS: I claim: 1. A three integrated planar sempiternal gymnoplexus for providing intrinsic perdurable structural integrity for rotating discs and or a row of rotating discs, at constant elevation mounting positions, of various terrain dictated diameters between dual continuous orthogonally connected parallel planes, (A), the dual parallel planes provide coplanar mounting for the extremities of the rotating discs shafts' (G), with rotational locking geometry for each shaft's extremity included, (C), integral to the plane, the mutually orthogonally connected planar platform, (D), which is located between and at one altitude extremity of the dual parallel planes has capability for allowing the device to be secured to an external pedal equipment i.e. boots, sandals, shoes, ...etc or nonpedal input motivating surface, (E), the dual parallel planes also provide mounting provision, (F), for an externally mounted braking device from either or both longitudinal extremes, of the gymnoplexus.

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